

Picnic at Whitby Abbey

Moira: 07969-432680
Phil: 07432-671969

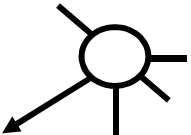
Meet at: Wetherby Services

1

When leaving car park,
 "Zero" your trip
 at the 'Stop' sign.

	Miles	Km
Diff	0.0	0.0
Cum	0.0	0.0

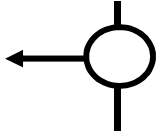
2



SP: York B1224 (1st exit)

	Miles	Km
Diff	0.0	0.0
Cum	0.0	0.0

3

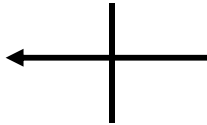


SP: York B1224 (1st exit)

	Miles	Km
Diff	0.8	1.3
Cum	0.8	1.3

4

Hidden SP!

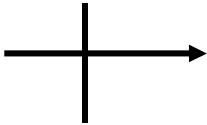


SP: Catal, Cowthorpe

	Miles	Km
Diff	2.4	3.86
Cum	3.2	5.15

5

CAUTION: LOOK LEFT



SP: Tockwith

	Miles	Km
Diff	1.5	2.41
Cum	4.7	7.56

6

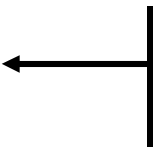
BATTLE OF MARSTON
 MOOR MEMORIAL ON
 YOUR LEFT

	Miles	Km
Diff	2.6	4.18
Cum	7.3	11.75

7

Atterwith Lane

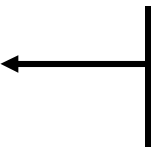
Hidden SP!



1st left after memorial

	Miles	Km
Diff	0.5	0.8
Cum	7.8	12.6

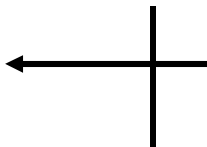
8



SP: Moor Monkton, York

	Miles	Km
Diff	1.1	1.8
Cum	8.9	14.3

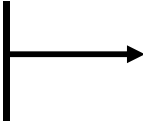
9



SP: Harrogate A59

	Miles	Km
Diff	1.1	1.8
Cum	10.0	16.1

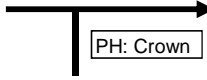
10



SP: Boroughbridge B6265

	Miles	Km
Diff	3.6	5.8
Cum	13.6	21.9

11

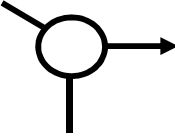


PH: Crown

	Miles	Km
Diff	7.8	12.6
Cum	21.4	34.4

12

Hidden SP!



SP: Easingwold (2nd exit)

	Miles	Km
Diff	0.2	0.3
Cum	21.6	34.8

13

SP: Milby, Helperby

	Miles	Km
Diff	0.3	0.5
Cum	21.9	35.2

14

SP: Helperby, Easingwold

	Miles	Km
Diff	3.5	5.6
Cum	25.4	40.9

15

SP: Raskelf, Easingwold

	Miles	Km
Diff	1.0	1.6
Cum	26.4	42.5

16

Mini-roundabout

SP: Crayke

	Miles	Km
Diff	5.8	9.3
Cum	32.2	51.8

17

SP: Malton, Helmsley

	Miles	Km
Diff	0.4	0.6
Cum	32.6	52.5

18

SP: Oulston, Coxwold

	Miles	Km
Diff	0.2	0.3
Cum	32.8	52.8

19

SP: Crayke

	Miles	Km
Diff	2.3	3.7
Cum	35.1	56.5

20

PH: Durham Ox

SP: Helmsley, Brandsby

	Miles	Km
Diff	1.7	2.7
Cum	36.8	59.2

21

Time for a yummy break at the Dutch House!

In to "Dutch House"

	Miles	Km
Diff	0.8	1.3
Cum	37.6	60.5

22

There is an area to the left of the Dutch House and also straight ahead for parking.

	Miles	Km
Diff	0.0	0.00
Cum	0.0	0.00

23

When leaving the Dutch House, ZERO your trip

Turn right out of car park

	Miles	Km
Diff	0.0	0.00
Cum	0.0	0.00

24

SP: Helmsley

	Miles	Km
Diff	1.6	2.57
Cum	1.6	2.57

25

SP: Coulton

	Miles	Km
Diff	3.9	6.3
Cum	5.5	8.9

26

SP: Hovingham

	Miles	Km
Diff	1.5	2.4
Cum	7.0	11.3

27

SP: Slingsby

	Miles	Km
Diff	2.4	3.9
Cum	9.4	15.1

28

AND

SP: Butterwick

	Miles	Km
Diff	3.5	5.6
Cum	12.9	20.8

29

No SP

	Miles	Km
Diff	0.0	0.0
Cum	12.9	20.8

30

No SP

	Miles	Km
Diff	3.1	5.0
Cum	16.0	25.7

31

SP: Kirkbymoorside

	Miles	Km
Diff	1.6	2.6
Cum	17.6	28.3

32

PH: Appletree

SP: Pickering

	Miles	Km
Diff	2.9	4.7
Cum	20.5	33.0

33

SP: Pickering

	Miles	Km
Diff	0.5	0.8
Cum	21.0	33.8

34

Narrow - SLOW!

No SP

	Miles	Km
Diff	1.9	3.1
Cum	22.9	36.9

35

No SP

	Miles	Km
Diff	1.5	2.4
Cum	24.4	39.3

36

AND

SP: Wreton

	Miles	Km
Diff	0.1	0.2
Cum	24.5	39.4

37

Narrow - SLOW!

SP: Cowthorne

	Miles	Km
Diff	0.5	0.8
Cum	25.0	40.2

38

No SP

	Miles	Km
Diff	2.1	3.4
Cum	27.1	43.6

39

No SP

	Miles	Km
Diff	1.2	1.9
Cum	28.3	45.5

40

SP: Stape

	Miles	Km
Diff	2.2	3.5
Cum	30.5	49.1

41

No SP

	Miles	Km
Diff	7.5	12.1
Cum	38.0	61.2

42

LAST CAR THROUGH,
PLEASE CLOSE THE GATE !

Gate !

	Miles	Km
Diff	0.4	0.6
Cum	38.4	61.8

43

CAUTION

SP: Esk Valley

	Miles	Km
Diff	0.2	0.3
Cum	38.6	62.1

44

DEEP FORD ½ MILE

No SP

	Miles	Km
Diff	1.2	1.9
Cum	39.8	64.1

45

No SP

	Miles	Km
Diff	0.6	1.0
Cum	40.4	65.0

46

SP: Whitby A169 (A171)

	Miles	Km
Diff	3.2	5.1
Cum	43.6	70.2

AND

47

SP: Ugglebarnby

	Miles	Km
Diff	0.0	0.0
Cum	43.6	70.2

48

SP: Sneaton, Whitby

	Miles	Km
Diff	1.6	2.6
Cum	45.2	72.7

49

SP: Ruswarp, Whitby

	Miles	Km
Diff	0.4	0.6
Cum	45.6	73.4

AND

50

SP: Sneatonthorpe

	Miles	Km
Diff	0.3	0.5
Cum	45.9	73.9

51

SP: Robin Hoods Bay

	Miles	Km
Diff	2.3	3.7
Cum	48.2	77.6

52

SP: Whitby

	Miles	Km
Diff	0.9	1.4
Cum	49.1	79.0

53

Whitby Abbey

	Miles	Km
Diff	0.5	0.8
Cum	49.6	79.8

54

Lunch Time!

Car Park Fees
 1 hour = £1.50
 2 hours = £2.00

Abbey Car Park

	Miles	Km
Diff	2.4	3.9
Cum	52.0	83.7

Bon Appetit everyone!
 You are welcome to wander into Whitby for Fish and Chips, or whatever you desire.
 Or, you can sit and have your picnic with us in the Abbey Car Park.
 After lunch, (if it's not too hot!) we can play games, fly kites, etc. Enjoy yourselves!

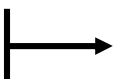
AFTER LUNCH:

55

When leaving car park, please zero your trip at the "Exit" sign.

	Miles	Km
Diff	-52.0	-83.7
Cum	0.0	0.0

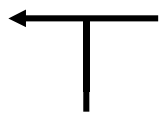
56



SP: Whitby

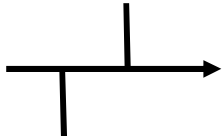
	Miles	Km
Diff	0	0.0
Cum	100 yds	0.0

57



	Miles	Km
Diff	0	0.0
Cum	0.5	0.8

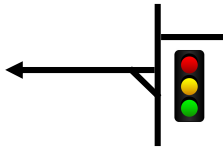
58



SP: Teesside, Pickering

	Miles	Km
Diff	0.2	0.3
Cum	0.7	1.1

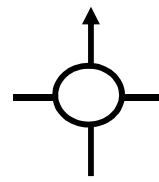
59



SP: Teesside, Pickering

	Miles	Km
Diff	0.5	0.8
Cum	1.2	1.9

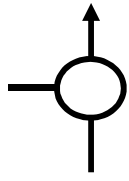
60



SP: Teesside, Pickering

	Miles	Km
Diff	0.5	0.8
Cum	1.7	2.7

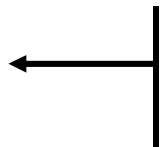
61



SP: Teesside

	Miles	Km
Diff	1.0	1.6
Cum	2.7	4.3


62



SP: Egton

	Miles	Km
Diff	3.1	5.0
Cum	5.8	9.3

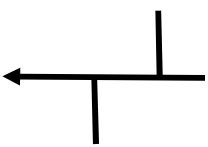
63



SP: Rosedale

	Miles	Km
Diff	2.8	4.5
Cum	8.6	13.8

64




SP: Pickering

	Miles	Km
Diff	8.4	13.5
Cum	17.0	27.4

AND

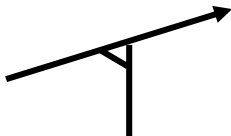
65



SP: Hutton-le-Hole

	Miles	Km
Diff	0.1	0.2
Cum	17.1	27.5


66



No SP

	Miles	Km
Diff	3.7	6.0
Cum	20.8	33.5

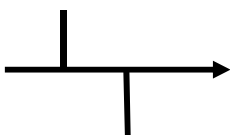
67



SP: Kirkbymoorside

	Miles	Km
Diff	0.3	0.5
Cum	21.1	34.0

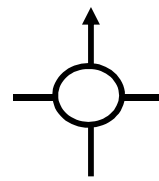
68



SP: Thirsk A170

	Miles	Km
Diff	2.8	4.5
Cum	23.9	38.5

69



SP: Helmsley

	Miles	Km
Diff	0.8	1.3
Cum	24.7	39.8

70

SP: Welburn, Slingsby

	Miles	Km
Diff	1.5	2.4
Cum	26.2	42.2

71

SP: Harome, Helmsley

	Miles	Km
Diff	3	4.8
Cum	29.2	47.0

72

SP: Nunnington, Malton

	Miles	Km
Diff	0.7	1.1
Cum	29.9	48.1

73

SP: Hovingham

	Miles	Km
Diff	2.4	3.9
Cum	32.3	52.0

74

SP: Sheriff Hutton

	Miles	Km
Diff	1.4	2.3
Cum	33.7	54.2

75

SP: Sheriff Hutton

	Miles	Km
Diff	3.2	5.1
Cum	36.9	59.4

76

SP: Strensall, York

	Miles	Km
Diff	2.9	4.7
Cum	39.8	64.1

77

SP: York, Huntington

	Miles	Km
Diff	4.2	6.8
Cum	44.0	70.8

78

SP: York

	Miles	Km
Diff	0.9	1.4
Cum	44.9	72.3

79

	Miles	Km
Diff	1.4	2.3
Cum	46.3	74.5

80

	Miles	Km
Diff	0.2	0.3
Cum	46.5	74.8

81

SP: Thirsk A125

	Miles	Km
Diff	0.2	0.3
Cum	46.7	75.2

82

SP: Thirsk

	Miles	Km
Diff	0.6	1.0
Cum	47.3	76.1

83

SP: Thirsk

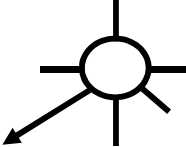
	Miles	Km
Diff	0.7	1.1
Cum	48.0	77.2

84

SP: Clifton Moor Centre

	Miles	Km
Diff	0.3	0.5
Cum	48.3	77.7

85

		
SP: Tesco		
	Miles	Km
Diff	5.0	8.0
Cum	53.3	85.8



Phil and Moira would like to thank you for joining us on our run today. Hope you have all had fun! Any feedback, please get in touch with us.

Have a safe journey home.

Phil and Moira

This document was created with Win2PDF available at <http://www.win2pdf.com>.
The unregistered version of Win2PDF is for evaluation or non-commercial use only.
This page will not be added after purchasing Win2PDF.